

CB-BK WE2 2026: Session: 3: COACH evaluation sheet for TEAM: TRUST

Coachinfo: Warming up from: 07:00 untill 08:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Vanderhulst Kasper

Coaches: Ciommo Fabio HEADCOACH

PB => Personal Best time

SB => Seasons Best time: Season starting point: first of September.

Event number: 19: 400M MEDLEY WOMEN 15-18 **Heat:1, starttime: 08:55**

Heat: 1/5 Lane : 8 Athlete: LENAERTS HAILEY **Q-time: 05:40:55**

PB (50m pool): 05:40.55 Molenbeek 01/02/2026 **PB (25m pool): 05:23.26 SB: 05:40.55 Molenbeek 01/02/2026**

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	01:20.57	no time	no time	no time	no time	no time	05:40.55
	no time							
								

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN 15+ **Heat:9, starttime: 09:38**

Heat: 9/13 Lane : 1 Athlete: CIOMMO ALESSANDER **Q-time: 00:29:38**

PB (50m pool): 00:29.38 Antwerpen 22/03/2026 **PB (25m pool): 00:28.06 SB: 00:29.38 Antwerpen 22/03/2026**

	5 0 M	
PB	00:29.38	
	00:29.38	
		

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN 15+ **Heat:12, starttime: 09:42**

Heat: 12/13 Lane : 8 Athlete: DE SWERDT MATHIAS **Q-time: 00:29:06**

PB (50m pool): 00:29.06 Antwerpen 22/03/2026 **PB (25m pool): 00:26.93 SB: 00:29.06 Antwerpen 22/03/2026**

	5 0 M	
PB	00:29.06	
	00:29.06	
		

Coach feedback:

CB-BK WE2 2026: Session: 3: COACH evaluation sheet for TEAM: TRUST

Event number: 20: 50M BACKSTROKE MEN 15+		Heat:13, starttime: 09:44
Heat: 13/13 Lane : 2 Athlete: DE SWERDT NIELS		Q-time: 00:28:33
PB (50m pool): 00:28.33 Antwerpen 22/03/2026		PB (25m pool): 00:26.27 SB: 00:28.33 Antwerpen 22/03/2026
	5 0 M	
PB	00:28.33	
	00:28.33	
		

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+		Heat:10, starttime: 11:08
Heat: 10/22 Lane : 5 Athlete: VANDERHULST MIDAS		Q-time: 00:57:04
PB (50m pool): 00:57.04 Luxembourg 26/04/2026		PB (25m pool): 00:54.47 SB: 00:57.04 Luxembourg 26/04/2026
	5 0 M	1 0 0 M
PB	00:27.15	00:57.04
	00:27.15	00:29.89
		

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+		Heat:12, starttime: 11:11
Heat: 12/22 Lane : 3 Athlete: DEPREZ LUKAS		Q-time: 00:56:50
PB (50m pool): 00:57.04 Luxembourg 26/04/2026		PB (25m pool): 00:54.54 SB: 00:57.04 Luxembourg 26/04/2026
	5 0 M	1 0 0 M
PB	00:27.39	00:57.04
	00:27.39	00:29.65
		

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+		Heat:19, starttime: 11:21
Heat: 19/22 Lane : 4 Athlete: MATTHEUS IBE		Q-time: 00:53:79
PB (50m pool): 00:53.79 Antwerpen 27/07/2025		PB (25m pool): 00:52.03 SB: 00:54.29 Antwerpen 22/03/2026
	5 0 M	1 0 0 M
PB	00:25.70	00:53.79
	00:25.70	00:28.09
		

Coach feedback:

CB-BK WE2 2026: Session: 3: COACH evaluation sheet for TEAM: TRUST

Event number: 24: 100M FREESTYLE MEN 15+			Heat:20, starttime: 11:23
Heat: 20/22 Lane : 6 Athlete: DE SWERDT NIELS			Q-time: 00:52:89
PB (50m pool): 00:52.89 Antwerpen 27/04/2025			PB (25m pool): 00:50.91 SB: 00:53.62 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:25.48	00:52.89	
	00:25.48	00:27.41	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:21, starttime: 11:24
Heat: 21/22 Lane : 6 Athlete: CIOMMO ALESSANDER			Q-time: 00:52:87
PB (50m pool): 00:52.87 Antwerpen 27/07/2025			PB (25m pool): 00:52.03 SB: 00:53.61 Luxembourg 26/04/2026
	5 0 M	1 0 0 M	
PB	00:25.04	00:52.87	
	00:25.04	00:27.83	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:22, starttime: 11:25
Heat: 22/22 Lane : 8 Athlete: DE SWERDT MATHIAS			Q-time: 00:53:72
PB (50m pool): 00:53.72 Luxembourg 01/02/2026			PB (25m pool): 00:51.57 SB: 00:53.72 Luxembourg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:25.70	00:53.72	
	00:25.70	00:28.02	
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 15+			Heat:8, starttime: 11:40
Heat: 8/11 Lane : 1 Athlete: LENAERTS HAILEY			Q-time: 01:18:54
PB (50m pool): 01:18.54 Antwerpen 17/05/2026			PB (25m pool): 01:14.96 SB: 01:18.54 Antwerpen 17/05/2026
	5 0 M	1 0 0 M	
PB	00:37.09	01:18.54	
	00:37.09	00:41.45	
			

Coach feedback:

CB-BK WE2 2026: Session: 3: COACH evaluation sheet for TEAM: TRUST

Event number: 26: 50M BREASTSTROKE MEN 15+		Heat:6, starttime: 11:53
Heat: 6/12	Lane : 6	Athlete: DE SWERDT MATHIAS
PB (50m pool): 00:32.76 Wezenberg 05/01/2025		PB (25m pool): 00:30.50 SB: 00:32.85 Luxembourg 26/04/2026
	5 0 M	
PB	00:32.76	
	00:32.76	
		

Coach feedback:

Event number: 26: 50M BREASTSTROKE MEN 15+		Heat:7, starttime: 11:54
Heat: 7/12	Lane : 5	Athlete: CIOMMO ALESSANDER
PB (50m pool): 00:32.55 Antwerpen 27/07/2025		PB (25m pool): 00:31.22 SB: 00:32.60 Luxembourg 01/02/2026
	5 0 M	
PB	00:32.55	
	00:32.55	
		

Coach feedback:

Event number: 26: 50M BREASTSTROKE MEN 15+		Heat:7, starttime: 11:54
Heat: 7/12	Lane : 6	Athlete: VANDEVELDE RAF
PB (50m pool): no time		PB (25m pool): 00:31.67 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 26: 50M BREASTSTROKE MEN 15+		Heat:8, starttime: 11:55
Heat: 8/12	Lane : 8	Athlete: MATTHEUS IBE
PB (50m pool): 00:31.94 Antwerp 09/02/2025		PB (25m pool): 00:29.80 SB: 00:31.98 Antwerpen 22/03/2026
	5 0 M	
PB	00:31.94	
	00:31.94	
		

Coach feedback:

CB-BK WE2 2026: Session: 3: COACH evaluation sheet for TEAM: TRUST

Event number: 26: 50M BREASTSTROKE MEN 15+										Heat:11, starttime: 11:59																				
Heat: 11/12 Lane : 7 Athlete: DECOSSAUX VALENTIN																				Q-time: 00:31:05										
PB (50m pool): 00:30.83 Antwerp 21/01/2024										PB (25m pool): 00:29.16 SB: 00:31.29 Antwerpen 15/03/2026																				
	5 0 M																													
PB	00:30.83																													
	00:30.83																													
																														

Coach feedback:

Event number: 26: 50M BREASTSTROKE MEN 15+										Heat:12, starttime: 12:00																				
Heat: 12/12 Lane : 2 Athlete: VANDERHULST MIDAS																				Q-time: 00:30:55										
PB (50m pool): 00:29.19 ANTWERPEN 23/04/2023																				PB (25m pool): 00:28.45 SB: no time										
	5 0 M																													
PB	00:29.19																													
	00:29.19																													
																														

Coach feedback:

Event number: 26: 50M BREASTSTROKE MEN 15+										Heat:12, starttime: 12:00																													
Heat: 12/12																				Lane : 5					Athlete: DEPREZ LUKAS										Q-time: 00:29:15				
PB (50m pool): 00:29.21										Luxembourg					01/02/2026					PB (25m pool): 00:28.38SB: 00:29.21										Luxembourg					01/02/2026				
	5 0 M																																						
PB	00:29.21																																						
	00:29.21																																						
																																							

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+										Heat:9, starttime: 12:09																				
Heat: 9/17 Lane : 8 Athlete: ROSKIN LOTTE																				Q-time: 00:31:09										
PB (50m pool): 00:30.47 Antwerpen 12/02/2023										PB (25m pool): 00:30.17 SB: 00:31.09 Mol 28/06/2026																				
	5 0 M																													
PB	00:30.47																													
	00:30.47																													
																														

Coach feedback:

CB-BK WE2 2026: Session: 3: COACH evaluation sheet for TEAM: TRUST

Event number: 28: 200M MEDLEY MEN 15+					Heat:17, starttime: 13:06
Heat: 17/19 Lane : 2 Athlete: DECOSSAUX VALENTIN					Q-time: 02:15:27
PB (50m pool): 02:15.38 Antwerp 21/01/2024					PB (25m pool): 02:05.43 SB: 02:19.49 Antwerpen 17/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:15.38	
	no time				
					

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:17, starttime: 13:06
Heat: 17/19 Lane : 8 Athlete: DE SWERDT NIELS					Q-time: 02:17:17
PB (50m pool): 02:17.70 ANTWERPEN 30/07/2023					PB (25m pool): 02:08.00 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:17.70	
	no time				
					

Coach feedback: